

Qiǎngbàn huáng dòu yá
* 炆拌黄豆芽 (Soybean Sprouts
Dressed with Hot Oil)

Ingredients:

250g soybean sprouts; 1 carrot; 2 sprigs of coriander; 10 pieces of Chinese prickly ash; 1/2 tbsp oil; 1 tsp salt; sesame oil to taste

Directions:

1. Thoroughly rinse the soybean sprouts. Peel the carrot and shred finely. Wash the coriander and cut into 3cm long sections.
2. Boil some water in a saucepan. Add the soybean sprouts and blanch for 1 minute, then drain. Blanch the shredded carrot for 20 seconds, and then drain.
3. Place the soybean sprouts, carrot, and coriander into a big bowl. Add the salt and sesame oil, and mix well.
4. Heat the oil and add in the Chinese prickly ash for flavor. Add the oil to the vegetables when hot. Mix well and serve.





Tips

Lao Zi Says...

The Chinese philosopher Lao Zi, who is estimated to have lived between 580 BC and 500 BC, once said: "Governing a great nation is much like cooking a small fish." He meant that governing a country required just the right amount of seasoning and care for successful results. This metaphor illustrates the significance that food occupies in Chinese culture.

Liángbànmù'ěr
* 凉拌木耳 (Cold Dressed Wood Ear Mushroom)

Ingredients:

A handful of wood ear mushrooms; half each: garlic, red and yellow pepper; 1 tbsp white vinegar; 1 tbsp mature vinegar; salt to taste; 1 tsp sugar; 1 tsp chili oil; 1/4 tsp sesame oil

Directions:

1. Soak the wood ear mushrooms in warm water and add some cornstarch to clean them.
2. Heat water in a pot over high heat. Bring to the boil. Blanch the wood ear mushrooms for three minutes. Remove, add cold water and then drain.
3. Tear the wood ear mushrooms into small pieces. Seed the peppers and remove the pedicels and then cut them into 4cm long fine strips. Grate the garlic.
4. Place the wood ear mushrooms, peppers, and garlic into a big bowl. Add the white vinegar, mature vinegar, salt, sugar, chili oil and sesame oil. Blend until mixed well, and then serve.

